

# measure • track • share

Setting up your health monitor is fast and easy. Simply download the app, prepare your device, and start your health journey. Consult your healthcare professional before starting a new health regime, changing medication and for aid in interpreting your personal results.



1. Download the **Trackstar Wellness** app from the App Store (iOS) or Google Play (Android).
2. Launch the app and follow the instructions for account profile set up.
3. Consult the included instruction manual for detailed instructions, tips, cautions and cleaning direction.

## APP FEATURES & TIPS

Trackstar values your privacy. Health history measurement results are stored solely on your phone. You are in control of when you share and with whom or if you choose to connect to monitoring services such as Apple Health.

### ADDING A DEVICE / HEALTH MONITOR

- Select 'Measurement Device' from the left menu; follow on screen prompts for pairing to the app
- All available devices are shown; if you are unsure what device you have, consult the label on the underside of the product for the part number.

### DASHBOARD

- The dashboard presents a summary of most recent measurements; select a result to open the complete history for that specific reading type.
- Results can be viewed as a list or as a chart.

### SHARING

- From the dashboard, users can select a range of results to share and send to themselves or directly to a healthcare provider.

### REMINDERS

- Set a reminder for when to take a reading including frequency and time of day.
- Set a reminder for reports to yourself or healthcare professional; ideal for tracking a change in your fitness regimen, medication routine or overall health journey.

## BLOOD PRESSURE MONITORS

### SIMPLE STEP INSTRUCTIONS:



Your Trackstar blood pressure monitor model may vary

1. Specific pairing instructions for each device are located within the app; each compatible Trackstar Blood Pressure Monitor may have slightly different pairing direction.
2. Monitor must be powered on and Bluetooth on the phone must be on to pair.
3. Select 'Measurement Device' and the specific unit to pair; follow the on screen prompts for specific pairing instruction.
4. Take your blood pressure reading.
5. After measurement, do not turn off monitor or close app until data is transmitted to the app.
6. Monitor will store up to 60-readings with date and time stamp; app will store infinite results history.

### TIPS FOR SUCCESSFUL BLOOD PRESSURE READINGS AT HOME:

- Ensure the cuff size is appropriate and applied correctly using included guidance.
- For best results, take your blood pressure at the same time daily; do not eat or drink within 30-minutes of measurement, relax and rest for a brief period before measurements.
- Be seated with your feet flat on the floor and arm rested on a table at the same level as your heart for optimal home position.
- Wait several minutes between measurements to allow blood vessels to return to normal after cuff inflation.

## BODY WEIGHT SCALES

### SIMPLE STEP INSTRUCTIONS:



Your Trackstar body weight scale model may vary

1. Specific pairing instructions for each device is located within the app; each compatible Trackstar Scale may have slightly different pairing direction.
2. Scale must be powered on and Bluetooth on the phone must be on to pair.
3. Select 'Measurement Device' and the specific unit to pair; follow the on screen prompts for specific pairing instruction.
4. Step on scale to measure.
5. Do not close app until data is transmitted to the app; scale will automatically turn off after several seconds.
6. Results will store in scale memory and sync results history the next time the app is accessed within range of the powered on scale.

### TIPS FOR SUCCESSFUL WEIGHT MEASUREMENTS AT HOME:

- Only use scales on a smooth, flat surface. Do not use on carpet or uneven surface.
- Body composition feature can only be measured with bare-foot use; do not step on with wet feet.
- For best results, weigh at the same time every day before eating or drinking.
- DO NOT USE body composition scales if pregnant or if you have any implanted device such as a pacemaker; consult the included manual for more information.

## DIGITAL THERMOMETERS



Your Trackstar digital thermometer model may vary

### SIMPLE STEP INSTRUCTIONS:

1. Specific pairing instructions for each device is located within the app; each compatible Trackstar Thermometer may have slightly different pairing direction.
2. Thermometer must be powered on and Bluetooth on the phone must be on to pair.
3. Select 'Measurement Device' and the specific unit to pair; follow the on screen prompts for specific pairing instruction.
4. Take your temperature reading according to the including instructions for use.
5. Do not turn off thermometer or close app until data is transmitted to the app.

### TIPS FOR SUCCESSFUL TEMPERATURE READINGS AT HOME:

- Read included instructions for use closely for instructions for the desired measurement site, ie ear, forehead, oral, etc.
- Be seated or reclined during measurement and remain still during reading.
- Ensure the probe tip is clean before use.
- Outside factors, including hair or oil on the forehead, excessive earwax or recently eating or drinking could affect reading results.
- For oral measurements, do not eat or drink for 30 minutes prior to use.

## BLOOD GLUCOSE METERS



Your Trackstar glucometer model may vary

### SIMPLE STEP INSTRUCTIONS:

1. Specific pairing instructions for each device is located within the app; each compatible Trackstar glucometer may have slightly different pairing direction.
2. Glucometer must be powered on and Bluetooth on the phone must be on to pair.
3. Select 'Measurement Device' and the specific unit to pair; follow the on screen prompts for specific pairing instruction.
4. Take your blood glucose reading.
5. Monitor will store up to 500-readings with date and time stamp; app will store infinite results history.

### TIPS FOR SUCCESSFUL GLUCOSE READINGS AT HOME:

- Read instructions for use closely and consult your healthcare professional for guidance in proper steps for use of any blood glucose testing system.
- Ensure hands and skin test area are clean before measurement.
- Follow healthcare guidance for best time of day to measure and desired range for your specific health status.

## PULSE OXIMETERS



Your Trackstar pulse oximeter model may vary

### SIMPLE STEP INSTRUCTIONS:

1. Specific pairing instructions for each device is located within the app; each compatible Trackstar Pulse Oximeter may have slightly different pairing direction.
2. Pulse oximeter must be powered on and Bluetooth on the phone must be on to pair.
3. Select 'Measurement Device' and the specific unit to pair; follow the on screen prompts for specific pairing instruction.
4. Place unit on your index finger and take your pulse ox reading.
5. Do not turn off oximeter or close app until data is transmitted to the app.

### TIPS FOR SUCCESSFUL PULSE OXIMETER READINGS AT HOME:

- Home use pulse oximeters are intended for spot check monitoring; be seated and remain still during measurements.
- Some studies have indicated that certain physical traits, including, but not limited to darker skin pigmentation, finger thickness and peripheral perfusion may create variations in readings that make the oxygen level appear higher than it actually is. Users should establish a baseline value when healthy and at rest. It is recommended that users consult a licensed healthcare provider on how to interpret user readings based on physical traits or characteristics.

## QUESTIONS?

VISIT [VERIDIANHEALTHCARE.COM](https://www.veridianhealthcare.com)  
OR CONTACT CUSTOMER CARE AT  
866-326-1313 8:30-4:30 CST